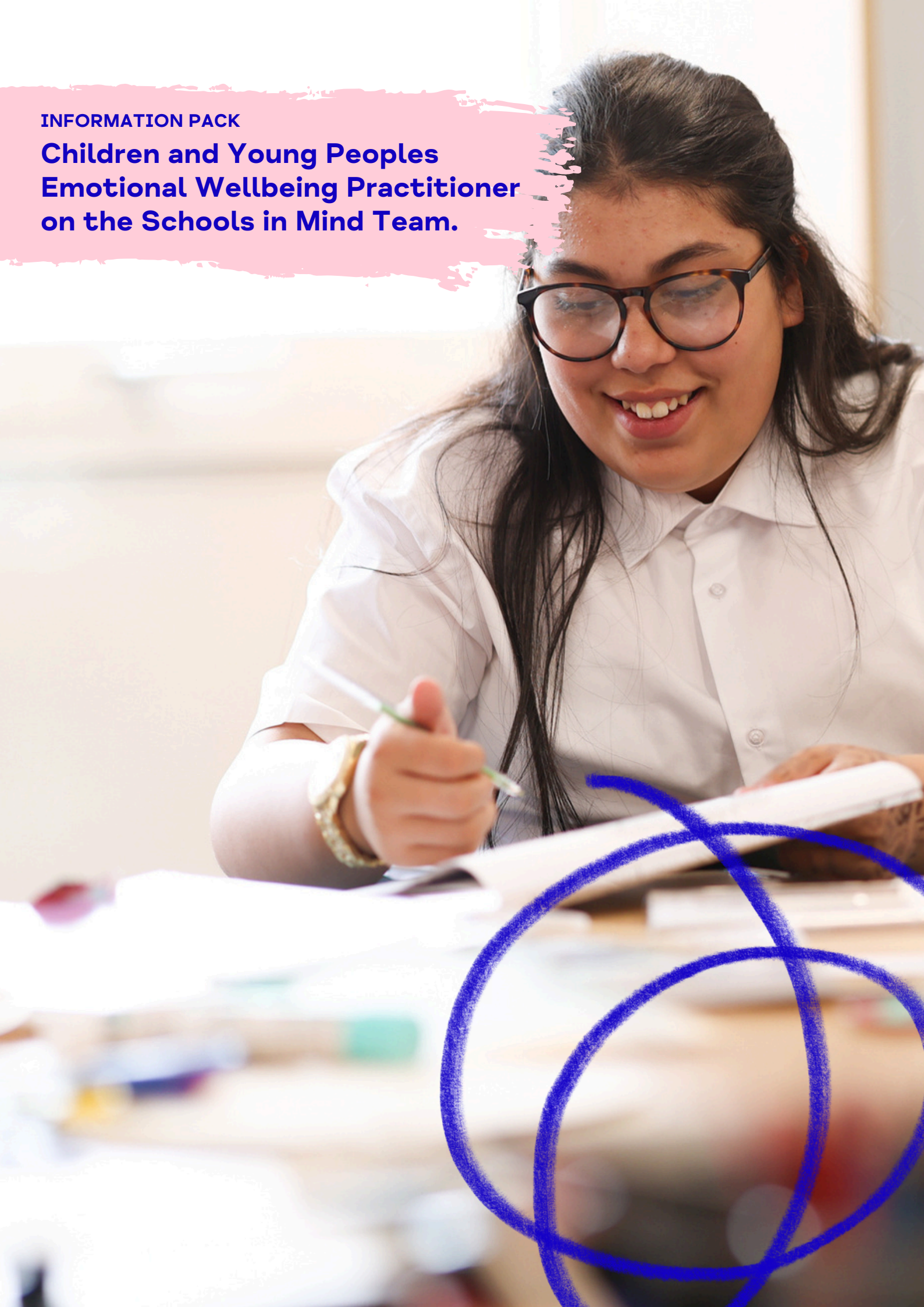


**INFORMATION PACK**

**Children and Young Peoples  
Emotional Wellbeing Practitioner  
on the Schools in Mind Team.**





# WELCOME

## **A few words from our CEO**

Thank you for your interest in our organisation and this role.

We're proud to have directly helped 27,000 local people this last year, more than we've ever supported. We've been working in local communities to improve mental health and wellbeing for 30 years and during that time our support has evolved, enabling us to help people in new and impactful ways.

We believe everyone has the right to enjoy good mental health and our team of trusted professionals provide expert support to help people lead full and happy lives. What's more, we campaign locally to improve services, raise awareness and promote understanding of what good mental health looks like.

Ours is a vibrant organisation to work for and our staff are our most important asset. We know just how important the benefits of a mentally healthy workplace are. So, it's only natural that our people and our culture are at the heart of all we do. Staff wellbeing is a high priority for us and we take great care and pride in making sure that everyone who works with us feels valued and supported. We're dedicated, friendly and open, working together to improve the lives of local people experiencing mental health problems.

I hope you'll be interested in joining our team once you've read this pack and I look forward to meeting you.

**Emma Howitt**  
**CEO**

## Our Values

### CARING

We genuinely care about local people and the work that we do. We treat people with respect and dignity.

### WELCOMING

It can be difficult to ask for help and there is still much stigma associated with mental health. When people come to us for support, our response is warm and welcoming. Our staff and volunteers are helpful and friendly. We don't judge people.

### TRUSTWORTHY

People trust us with their personal stories. We appreciate this isn't easy and are grateful for people's confidence in us. We take confidentiality very seriously.

### DETERMINED

We are committed to finding the best support for local people. We can tailor our services to meet their needs as we know finding help for mental health issues can be difficult. If we can't help then we'll find the right support from other local organisations where needed.

### PROFESSIONAL

All our staff and volunteers are skilled in the work they do and are supported by us. We're constantly working to ensure our environment is safe and beneficial to you.



I can express everything I'm feeling. I never thought anything would help or I could change, but this was so different.

**Chloe, 18, Middlesbrough**

## Children and Young Peoples - Emotional Wellbeing Practitioner on the Schools in Mind Team

### About Peer Support

The post-holder will work within the Schools in Mind team as part of Teesside Mind's Children and Young People services.

Emotional Wellbeing Practitioners (EWP) deliver high-quality, outcome focused interventions for young people experiencing mild to moderate mental health difficulties. Interventions will take place in a school setting, in a one-to-one or a small group basis. Children and young people may present with anxiety, low mood, or need support with friendships, exam stress and life pressures. Interventions may include coping mechanisms, self-help techniques, therapeutic interventions, and a safe space to talk through their emotions.

### Main Duties

- Deliver outcome focused interventions to young people in a school setting, who are struggling with low to moderate mental health difficulties, including anxiety, low mood, anger, emotional dysregulation, friendship problems, and exam stress.
- Build strong relations with your schools point of contacts, providing them with regular updates on individuals, whilst remaining within the confines of confidentiality. Providing the school with final reports for each student and keeping in regular contact with them.
- Attend team meetings and contribute where appropriate.
- Be mindful of Teesside Minds Values and demonstrate these in your everyday work.
- Complete safety plans for all individuals we work with and manage any risk on an ongoing basis, in line with Teesside Mind's Policies and Procedures. Safety plans cover topics such as self-harm, substance misuse, and harm from others. Escalating cases or making forward referrals, supervised by your line manager, if a young person requires a higher level of intervention.
- Keep a true and accurate record of case notes; to assist in your work with the young person and to allow line managers to understand the interventions you are undertaking with the young person.
- Be responsible for the safeguarding of children (and adults you come across in your work) and always promote their welfare. Make clear and accurate records of safeguarding concerns in line with Teesside Mind's policy.
- Attend monthly supervision with your line manager, which will include line management supervision and case supervision. Discuss your achievements, challenges and goals within the supervision, agree actions and respond to these actions to improve competencies and practice.
- Contribute to and assist with monthly peer support sessions with other members of the team, discussing cases, giving examples of interventions you have successfully used and supporting other staff with their challenging cases. Share resources and interventions with other staff members.
- Partake in monthly Continuous Profession Development (CPD), as organised by your line manager, and contribute ideas for more development.

## Person Specification Criteria

<b>Experience &amp; Qualifications</b>	<b>Essential</b>	<b>Desirable</b>
Health and Social Care qualification Level 3, or extensive experience within CYP mental health (5 years+)	●	
Health and Social Care qualification Level 4		●
Experience of working with children and young people with mental health or emotional distress	●	
Experience of working collaboratively with young people to establish and work towards goal-based outcomes	●	
Experience of working with children and young people in a one-to-one setting	●	
Experience of delivering mental health interventions	●	
Experience of record keeping and case management	●	
Experience of assessing and managing risk		●
Experience of working with children and young people in a group setting		●
Experience of working within educational settings		●

<b>Knowledge</b>	<b>Essential</b>	<b>Desirable</b>
Demonstrates an understanding of emotional wellbeing and mental health in children and young people, including the role of resilience	●	
Understand mental health services in schools (MHST) including referrals and pathways to NHS and social care	●	

<b>Skills and Competencies</b>	<b>Essential</b>	<b>Desirable</b>
Able to develop good therapeutic relationships	●	
Understanding of and adherence to Safeguarding Policies and Procedures	●	
Excellent verbal and written communication skills	●	
Ability to work collaboratively with school pastoral leads and other stakeholders	●	
Ability to manage own caseload	●	
Ability to work digital with excellent ICT skills	●	
Ability to use a data management system		●

<b>Other Personal Qualities</b>	<b>Essential</b>	<b>Desirable</b>
High level of enthusiasm and motivation	●	
Ability to work within a team and foster good working relationships	●	
Regard for others and respect for individual rights of autonomy and confidentiality	●	
Valid Driving License with access to own car, business insurance, and willing to travel to locations throughout Tees Valley	●	
Ability to be self-reflective, whilst working with service users, in own personal and professional development and in supervision		●

## Main Terms and Conditions

**Job Title:**

Children and Young Peoples Emotional Wellbeing Practitioner on the Schools in Mind Team.

**Contract:**

Permanent

**Responsible to:**

Schools in Mind Manager

**Hours:**

Full-time and part-time hours available.

**Salary:**

Full-time salary: £26,000 per annum (part-time pro rata).

**Location:**

Teesside – primarily within school settings

**Disclosure:**

The post holder is required to provide suitable references, undertake an enhanced DBS check with subsequent rechecks and completion of a 26-week probationary period.

**We do not accept referrals through agencies.**

## How to Apply

If you would like to find out more about this opportunity, please call 01642 257 020 to speak to Lauren Bywater.

Please complete the application form on our website.  
Interviews will be held w/c 13<sup>th</sup> July 2026.

**Closing date for applications:  
Monday 29th June 2026**

## Standard benefits:

- Defined salary according to job evaluation and Teesside Mind pay scales
- Contributory pension scheme
- Travel expenses in line with HMRC

## Enhanced benefits:

- Access to EAP wellbeing service
- Holidays commence at 26 days plus 8 BH and increase with length of service up to 32 days plus 8 BH\*
- Up to 2 days (15 hrs) off for volunteer / charity work\*
- Up to 3x half a day for wellbeing leave\*
- Up to 3 days (22.5 hrs) off for time off to care for dependants\*
- Up to 6 hrs for medical appointments\*
- Up to 2 weeks of bereavement leave for the death of a close/immediate family member\*
- Enhanced Maternity, Adoption, Surrogacy, Paternity pay
- Free parking at Middlesbrough and Stockton offices (subject to availability)
- Access to financial rewards and discounts for high street shops, restaurants, holidays etc.

## Other Family Friendly Benefits:

- Flexible working\*\*
- Hybrid working\*\*
- Other time off including but not limited to carers leave or parental leave either paid or unpaid as defined by statutory provisions.

## Personal Development:

- Monthly supervision and a personal development plan (with and without funding - subject to approval)
- Annual development day for staff and volunteers

All essential job criteria are subject to reasonable adjustments in line with the Equality Act 2010

- \*All benefits are pro-rata for part time or part year contracts
- \*\* Subject to meeting the needs of the individual, the team and service delivery

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